

HALIFAX

metro

®



Outrage over Syria

Images emerge after scores of victims, many of them children, are killed in apparent gas attack **PAGE 8**

What a drag, indeed

Jason Rose-Spurrell has turned heads as Rouge Fatale ever since 'mastering the illusion' **PAGE 16**

Helping to fill very big shoes

Luca Ciampini looking to elevate game with Mooseheads **PAGE 22**

BRING IT

HALIGONIANS READY TO GET BEHIND THEIR OWN CFL TEAM, ACCORDING TO A NEW POLL **PAGE 5**



Workers clear land at the Irving Shipyard in Halifax on Wednesday. Irving will begin laying off part of its workforce by the end of September as the site prepares for \$300 million in renovations to start building a new fleet of navy ships. ANDREW VAUGHAN/THE CANADIAN PRESS

Last round of layoffs at Halifax Shipyard?

Irving. Politicians, union boss suggest multi-million dollar upgrades could end routine cycle of hiring and firing

The president of the union representing hundreds of workers at the Halifax Shipyard says he's hopeful the next round of layoffs will be the last for years to come.

Irving announced Wednesday it has awarded dozens of contracts related to the multi-million-dollar renovations and upgrades needed to prepare the shipyard for work on the federal shipbuilding contract.

However, Irving's vice-president of programs said that because of the renovations and a Coast Guard contract that's winding down, some workers will be laid off in September.

"The midshore program is

completing," said Scott Jamieson. "When it completes, we need to demolish that facility to build a new modern shipyard."

Jamieson didn't want to estimate how many workers would be affected, but the president of CAW/MWF Local 1 said he wasn't expecting it to be in the "hundreds."

"It's just going to be the normal 30 here, 35 here," said Cliff Pickrem. "Hopefully ... it should be the last cut for us."

Pickrem said layoffs are routine at any shipyard, because the workforce has to be adjusted to suit the workload.

Premier Darrell Dexter said at a news conference that the upgrades and 25-year shipbuilding contract will end the "boom and bust" cycle of shipbuilding.

"If we didn't have this shipbuilding contract ... other shipbuilding contracts would still come to an end. People would still face the same kind of uncertainty," he said. "Instead ...

Staff

650

There are about 650 unionized workers at the shipyard. Jamieson said at least 300 to 400 are expected to be employed during the renovations.

they know there's a long-term future for them."

Irving co-CEO Jim Irving said the company is trying to mitigate the layoffs through potential commercial contracts and by encouraging renovation contractors to hire the shipyard employees.

"We can't dictate to a contractor, but we're going to encourage the contractors as much as possible," he said. "Everyone needs skilled workers to be productive, and we've got good skilled workers."

RUTH DAVENPORT/METRO

More coverage, page 3

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\$300M Shipyard upgrade to boost economy: Premier

Modernization.

Local companies to get more than half of demolition contracts



RUTH DAVENPORT
ruth.davenport@metronews.ca

The Halifax Shipyard is getting a \$300-million facelift that is being touted as the gold standard among shipyards around the globe.

"It's going to be the most modern and efficient yard of its size anywhere in North America and the world," said Irving's co-CEO, Jim Irving, at an announcement Wednesday. "We don't want to just build the ships, we want to maintain these ships. We want to be the centre of excellence."

The two-year modernization program involves the demolition of most of the buildings in the shipyard's north end and the addition of a new assembly hall, paint area, parking garage, land-level construction point, launch barge area and ser-

Timeline

Demolition at the shipyard is expected to be complete in the first quarter of 2014, and all modernization work is expected to be complete late in 2015, in time to begin production of the Arctic offshore patrol vessels.

viced outfitting pier.

So far, Irving said more than \$127 million in contracts related to the modernization have been awarded, with more than half the money staying in Nova Scotia.

"If I had listened to the naysayers around this project, where would we be today?" said Premier Darrell Dexter. "There are 80 companies with contracts employing Nova Scotians. This is a very good indication of the success of this undertaking."

Glenn Clark, president of CleanEarth Technologies Inc., said securing the modernization contract allowed his company to hire another 10 people.

"High-value, very skilled



From left: Public Works Minister Diane Finlay, Nova Scotia Premier Darrell Dexter and J.D. Irving CEO Jim Irving attend a news conference in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

professionals and tradespeople, many of whom told us they would have gone out West if they hadn't secured employment here with us," he said.

The modernization is partly funded by the provincial

government, which provided Irving with a \$260-million loan which can be written off if the company meets certain employment targets and tax benefits.

The details of those targets have not been made public,

but Dexter defended it as essential to the success of both Irving and the province.

"We need to create economic prosperity in this province because in order to have social prosperity, you have to have economic prosperity."

Expect election between now and June: Premier

The will-he-won't-he guessing game around a provincial election call continued Wednesday, with the premier offering no indication of when the writ may drop.

"As I've said, there will be an election sometime between now and next June,"

said Premier Darrell Dexter. "We'll all wait until that time comes."

Speculation over an election call has been rife over the last month in the wake of millions of dollars in funding announcements, a key meeting of the management

commission to establish time-sensitive accessibility regulations for MLA offices, and a glowing update on the province's finances.

But Dexter refused to say whether it all adds up to an election call in the near future.

"We are ensuring that we

are working away to get the work that we need to have done done, and there's still more work to do," he said.

Monday's economic update was the earliest the party has ever delivered its forecast.

The NDP, now in the fifth

year of its mandate, has said it would release the update before calling an election.

The party won a majority government in June 2009, becoming the first NDP government in Atlantic Canada.

RUTH DAVENPORT/METRO
WITH FILES FROM THE CANADIAN PRESS

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Police alert. Sex offender now living in HRM

Police in Halifax are warning residents of a convicted sex offender now living in the municipality who is deemed a high risk to reoffend.

Roger Ernest Joseph Roberge, 62, was released from a federal prison this year after serving 12 years for forcible confinement and sexual assault. Police say he has recently moved from New Brunswick to HRM.

"We felt the need that we should have the public aware that he's here," said Const. Tracy MacDonald of Halifax Regional Police.

She said he can't say where Roberge is living, nor why he moved to HRM.

Police say Roberge has been assessed as a high risk to reoffend in both sexual and non-sexual violence. Even so, MacDonald said he's served his sentence and must be allowed back into the community.

"He's entitled to basically go where he wants to," she said.

Roberge is under super-



Roger Ernest Joseph Roberge
COURTESY HALIFAX REGIONAL POLICE

vision and must live under certain conditions, she noted, but couldn't say exactly what those are.

MacDonald said "caution" should be exercised in encounters with Roberge, but issued a sharp warning against "unreasonable" or vigilante actions against him.

In addition to his 12-year sentence, police say Roberge has past convictions for several violent crimes dating back to 1969.

HALEY RYAN/METRO

Halifax would score TD with CFL team: Coach

Local support. City has huge appetite for pro football, poll suggests

HALEY RYAN
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The people of Halifax want a professional football team, a new poll suggests, and a local university coach says the city could "definitely" bring a Maritime party to the Canadian Football League.

On Wednesday, Corporate Research Associates released a survey showing that the majority of people in Halifax, Bedford, Dartmouth and other areas of HRM — 65 per cent, in fact — would support a CFL team.

Another 21 per cent were opposed, and 14 per cent were unsure.

"I personally love the idea," said Saint Mary's Huskies football coach Perry

Poll breakdown

Support for a CFL team in HRM:

- Halifax: 62%
- Bedford/Sackville: 53%
- Dartmouth: 73%
- Other areas: 63%
- Overall: 65%

Marchese.

"It's a sports town ... and a good indication is the Mooseheads and the success they're having."

Marchese, who has helped coach the Toronto Argonauts and Hamilton Tiger-Cats, said he saw the city's appetite for football in 2005, when Halifax hosted the Touchdown Atlantic pre-season game between Hamilton and Toronto.

"The support then was good and I believe it would be good now," he said.

Marchese said the "first hurdle" for Halifax is get-



Hamilton Tiger-Cat Samuel Giguere snags a pass in front of **Blue Bomber Desha Dunn** last Friday during the first half of their CFL game in Winnipeg.
JOHN WOODS/THE CANADIAN PRESS

ting a proper stadium, which Mayor Mike Savage has said he wants to look into.

If Halifax decides to make a real bid for a CFL team, Marchese said Nova Scotia has an advantage because we're very good at making things "an event."

"We can make things a party ... the NFL is built around tailgate parties and merchandising, and we can do that here."

The poll surveyed 405 people and has a margin of error of 4.9 percentage points, 95 times out of 100.

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Ferry good. Talks with Maine officials over service positive: Steele

Nova Scotia's economic development minister says his talks this week with state and local officials in Maine on a proposed ferry service confirmed that the state is ready and willing to offer its assistance, including a \$5-million line of credit.

Graham Steele, speaking Wednesday from Portland, Maine also said the mayor of Portland, Michael Brennan, is firmly behind the proposal.

"Overall, it was very encouraging," Steele said in an interview. "I wanted to make sure that people here were aware of what was going on in Nova Scotia ... The people here are very knowledgeable and keen to do whatever needs to be done to get the ferry service started again."

The minister met with Brennan on Tuesday and with



Graham Steele THE CANADIAN PRESS

Gov. Paul LePage on Wednesday.

He said LePage reaffirmed commitments he made in a July 23 letter to Premier Darrell Dexter, which included support for marketing, new infrastructure and a line of credit for potential operator STM Quest of Maine.

THE CANADIAN PRESS

Cape Breton. Police chief on board with weed tickets in lieu of criminal charges

Cape Breton Regional Police Chief Peter McIsaac is on board with a recommendation to issue tickets for small amounts of illegal marijuana.

The Canadian Association of Chiefs of Police ratified a resolution Tuesday that seeks more enforcement options to deal with people caught with pot.

McIsaac, who represents Nova Scotia chiefs on the association board, said having additional options such as tickets would help free up the courts and save officers time.

"It's not about the legalization or decriminalization of cannabis — that's not what

Why he supports the move

"It's costing a great deal of money and it's a very slow and long and cumbersome process, quite frankly."

Cape Breton Regional Police Chief Peter McIsaac

we're standing for at all here," said McIsaac.

Pressing criminal charges for marijuana possession places a "significant burden" on the justice system, said McIsaac.

CAPE BRETON POST

Annapolis County

Two women chased by bear hide out in cabin

Two women chased by a bear Monday evening in Annapolis County ran through the woods and hid out in a cabin until police arrived.

Police received a call from a woman who said she and her friend were being chased.

"When police arrived the bear could be seen out in a nearby field," said RCMP Cpl. Dale Guy.

TRANSCONTINENTAL MEDIA

Highway 104

Police ID victim of head-on crash near New Glasgow

Police have released the identity of a teenager who died in a head-on collision Tuesday in northern Nova Scotia.

The Mounties say 17-year-old Breanna Lundrigan of Mulgrave was pronounced dead at the scene. The crash happened just after 5 p.m. east of New Glasgow on Highway 104.

THE CANADIAN PRESS



Tim Rissesco, executive director of the Downtown Dartmouth Business Commission, poses for a photo on Portland Street, one of the streets closed to vehicles Sunday as part of Switch Open Streets. EMILY KITAGAWA/FOR METRO

Turning attention to downtown Dartmouth

Bouncy castle and more. Switch Open Streets set to make debut across the harbour

EMILY KITAGAWA
halifax@metronews.ca

Switch Open Streets is making its Dartmouth debut on Sunday. For three hours, a route two-and-a-half kilometres long will be car-free and people-filled.

The route, connecting downtown Dartmouth to Lake Banook, will be closed to vehicular traffic between noon and 3 p.m.

Pedestrians, cyclists, runners, skateboarders and rollerbladers will be able to take part in various activities scheduled throughout the afternoon.

Quoted

"There's a certain energy that exists in Dartmouth right now, just in terms of people seeing some positive momentum and wanting to be part of that."

Ross Soward, director of operations at the Planning and Design Centre

"We're hoping to get a really good turnout from the local community there in Dartmouth but hopefully we get some folks from Halifax to go and check it out as well," said Ross Soward, director of operations at the Planning and Design Centre, which is helping to put on the event, and hosted a similar event in Halifax.

The ferry terminal is connected to the route and activities are scheduled along Portland Street, and at areas including Canal Greenway, Sullivan's Pond, Findlay Centre, Lake Banook, and Lion's Beach.

Tim Rissesco, executive director for the Downtown Dartmouth Business Commission, says stores along Portland Street are opening especially for the event and business from other Dartmouth areas will also open kiosks on the street.

"It's a jam-packed route," he said. "It gives us an opportunity to showcase the street

to the larger community."

"I think people coming to this Switch event ... will see a lot more things to do, and will be able to see and experience downtown Dartmouth in quite a spectacular way."

Activities include dragon boating, music, zumba, bouncy castles, face painting, and a historic walk.

Soward says the road closures will cost approximately \$5,000, as the event requires policing, road barricades, and HRM signage. He says the cost is being covered by the Planning and Design Centre, the Downtown Dartmouth Business Commission, sponsors, Switch funding and fundraising.

For more information, visit switchhfx.ca/dartmouth-switch.

One dead in highway crash near Windsor



Police at the scene of Wednesday's fatal crash. HANTS JOURNAL

A person has died after a car collided with a garbage truck on Highway 14 near Windsor on Wednesday morning.

RCMP closed the area between Martock and Smith's Corner for a few hours to clean up the road after responding to two separate accidents.

Around 7 a.m., Windsor RCMP and the fire department responded to a crash involving a single car that rolled over,

sending one woman to hospital with injuries.

Shortly after that, RCMP came across the fatal collision involving a car, pickup truck and a garbage truck in the same area.

Sgt. Dan Austin of the RCMP said the person in the car collided with the garbage truck, and was pronounced dead at the scene.

The identity was being

held on Wednesday until police could notify the victim's family.

Austin said the garbage truck went off the road and "gently rolled" into the ditch, partially hitting a pickup truck with a woman and child inside. They were not badly injured.

The man driving the garbage truck was taken to hospital with minor injuries, Austin said. **HALEY RYAN/METRO**



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Citizen journalism: This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday. LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS

Children killed: Did Syria use gas?

Alleged atrocity.

Syrian activists claim 100 people died in toxic attack — a report that has shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

Quoted

“Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports.”

Foreign Affairs Minister John Baird, who says Ottawa will continue to monitor the situation in Syria closely

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and

others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical weapons

attack, but he could not confirm this.

“Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently,” he said.

The Syrian regime called claims of the attack “absolutely baseless.” Syria’s ally, Russia, described the reports as “alarmist.”

THE ASSOCIATED PRESS

New hope in Cairo

Canadians may be freed early

Two Canadians detained in Cairo remained behind bars Wednesday as an uneasy calm allowed the reopening of the Canadian embassy in the Egyptian capital.

But Egypt’s ambassador to Canada said Tarek Loubani and John Greyson could conceivably be freed before the end of the 15-day period that prosecutors said they were ordered detained.

THE ASSOCIATED PRESS

27 injured

Angry bus driver plows into crowd

A Chinese bus driver angry over being punished by his company drove a bus into a pack of bicyclists and motorcyclists on Wednesday.

Twenty-seven people were injured, reports said.

The driver — identified only by his surname Li — had been fined about \$32 for exceeding the speed limit and put on leave after he refused to write a self-criticism letter.

THE ASSOCIATED PRESS

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Sen. Wallin on the hook for \$139K after audit

Paying back the taxpayer. Senate sets final tab for senator's disallowed travel-expense claims

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of \$138,970 for ineligible travel expense claims.

Wallin was already on the hook for \$121,348 after an independent audit of her travel expenses, released last week. The auditors advised another \$21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The report

The audit report, which looked at Wallin's claims dating back to 2009, listed 13 networking events, which Wallin had described as primarily lunch or dinner meetings with unidentified representatives of the business, arts and charitable communities.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth \$17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steering committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

THE CANADIAN PRESS



Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill on Aug. 12. The embattled Saskatchewan senator has been ordered to pay back a grand total of \$138,970.

PATRICK DOYLE/THE CANADIAN PRESS

WikiLeaks leaker gets 35 years

U.S. soldier Bradley Manning was sentenced Wednesday to 35 years in prison for giving hundreds of thousands of classified military and diplomatic documents to the anti-secrecy group WikiLeaks, the largest such leak in American history.

The military judge didn't offer any explanation for the sentence. Manning stood at attention and appeared not to react.

The closely watched case has seen the 25-year-old called both a whistleblower and a traitor, and it opened a fierce debate on national security and freedom of expression.

Manning's prominent supporters have included Daniel Ellsberg, whose sensational leak of the Pentagon Papers in the early 1970s exposed U.S. government lies about the Vietnam War.

Manning had faced up to 90 years in prison. Prosecutors had wanted at least a 60-year sentence, saying it would dissuade other soldiers from following in his foot-



Army Pfc. Bradley Manning

steps. The defence suggested no more than 25 years so that Manning could rebuild his life.

With good behaviour and credit for the more than three years he has been held, Manning could be out in about 6 1/2 years, according to his defence attorney David Coombs. Manning's rank was reduced, he was dishonourably discharged and he forfeited his pay.

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MATT KIELTYKA
Metro in Vancouver

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"I have an idea that might work, but you have to get him here right now," Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost \$16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart,



Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO



Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trial (recently approved by the federal government as a treatment Canada-wide), Al-

lan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide

details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trials aren't

covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

Cost of out-of-town care

\$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately \$2,800 to feed a family of four per month at the hospice.

\$3,100

Medical and nursing costs at the hospice range from \$1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to \$2,500 for pain and symptom management, and \$3,100 for a child receiving end-of-life care.

\$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of \$40,000, but was covered by the drug company.

\$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent \$3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

Quoted

"If I had known how expensive it was going to be, I would have bought a house in Edmonton."

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.

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NEWS

11

Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until

Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A



Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Beyond medical care, Canuck Place takes the stress off families with counselling,

family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for \$20 a night, so patients don't pay premium hotel rates while travelling for procedures.



Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as

a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.



Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.



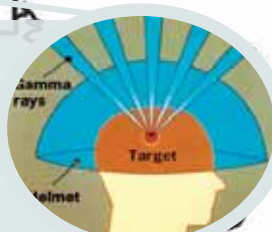
United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.



Winnipeg

Most Canadian patients who need gamma knife radiosurgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.



Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.



Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.



TEXT: JESSICA SMITH & MATT KIELTYKA/METRO

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BUSINESS

metronews.ca
Thursday, August 22, 2013



Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between Canadian candidate Frank Stronach and Heinz-Christian Strache, left. They seem to have taken a page from the playbook of Russian President Vladimir Putin, right. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

Stronach, 80, hops on beefcake bandwagon

Austria. Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've now taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays

are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election.

Stronach was first to doff his shirt. Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during weekend interviews with Austrian dailies. Strache responded immediately. A

Bare-chested battle



Frank Stronach, Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc., as he revealed a trim 80-year-old physique to Austrian media.

photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page.

THE ASSOCIATED PRESS

"I don't need to be ashamed of my body."

Sunday Ticket. Google, NFL holding meetings

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of \$48 billion US, the league's Sunday Ticket package is easily within its reach. The NFL confirmed its meetings with Google but declined to discuss the nature of those talks, as did Google.

"Members of our office meet

often with innovative leaders in Silicon Valley and around the world," the NFL said in a statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The contract is currently held by DirecTV, which pays about \$1 billion US annually for the rights. That contract, however, expires at the end of the 2014 season.

Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal, generating only about \$725 million US a year in revenue.

THE ASSOCIATED PRESS



Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

Internet access

New Facebook partnership aims to get 7B online

Facebook wants to get more of the world's seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile-technology companies. The partnership, Internet.org, includes electronics giant Samsung, handset maker Nokia and wireless-chip maker Qualcomm Inc.

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Market Minute

DOLLAR
95.48¢ (-0.78¢)

TSX
12,573.08 (-97.03)

OIL
\$103.85 US (-\$1.26)

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TIME TO SHARPEN YOUR PENCILS

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.



HE SAYS

John Mazerolle

metronews.ca

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled

papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

ZOOM

Way to impress a lady



COURTESY RED BULL

Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a

helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

Diver's viewpoint

"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."

Orlando Duque, high diver from Cali, Colombia

Dive in seconds

3

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

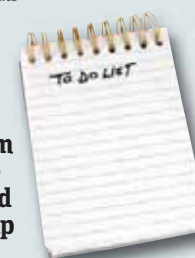
Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:

AskForTask.com:

Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

DoMyStuff.com:

Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).



Letters

RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.

Heather Avery posted to metronews.ca

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.

Taggart Romkey posted to

metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.

DaleWale posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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Celebrating a decade of drag



Jason Rose-Spurrell says drag performance can "consume you." CONTRIBUTED

Pretty good time.

Rouge Fatale & Friends bring flare to Casino Nova Scotia



BACKSTAGE PASS

Jenna Conter
halifax@metronews.ca

All that glitters ...

- **WHAT.** Rouge Fatale & Friends
- **WHERE.** The Harbourfront at Casino Nova Scotia
- **WHEN.** Sunday, 7 p.m.
- **TICKETS.** Free

Tucked away in the green room at Menz Bar during a chat with Jason Rose-Spurrell, it's hard to imagine this magnetic personality further intensified as Rouge Fatale, the Hali-famous — make that Maritime-famous — drag queen.

It all started on a dare during Sydney Pride Week when he entered the bar's drag pageant. Rose-Spurrell took home first place. "I caught the bug and never looked back. Like any art form — it can consume you."

After a decade of drag, Rose-Spurrell now owns The Harbourfront stage at Casino Nova Scotia every Sunday night with Rouge Fatale and Friends.

Television reality shows such as RuPaul's Drag Race have brought the drag world into living rooms around the world. Thanks to these efforts it has found inroads onto the main stage.

In Halifax particularly, it owes gratitude to the many spackled faces of the fearless divas — showcased in framed photos at Menz Bar — who continue to pave the way for goddesses around our region.

For Rose-Spurrell it's all about "mastering the illusion" and calling upon his deep-rooted theatrical and musical background to bring

Rouge Fatale to life behind the eyelashes.

"My grandfather was president of The Men of the Deep for years and one of their singers for 15 years. I remember watching them when I was eight-years-old at the Miner's Museum and just being in awe," said Rose-Spurrell. "I always liked the stage so it was neat to figure out a different way of getting on it."

Educated in nursing, Rose-Spurrell paid his dues, going from healing to heels for years. "There were times when I'd get off of work at 11 p.m., do my makeup, do a show till 4 a.m. and go back to work in the morning."

Now with a regular gig at the Casino, it's clear Rose-Spurrell isn't just a pretty face.

Along with the weekly show, Rose-Spurrell continues to build on Rouge's brand with Pride staple The Swan — a drag make over pageant — and his new-fangled production company, O'GURL Productions, though just in its infancy has produced a number of theatre productions around the Maritimes.

"We've taken drag from a subculture into a mainstream act and it's been a neat experience to see how it's grown and I'm really excited to see it continue."

Social studies?
Does posting my new boots
on Facebook Count?



For all your
back to school
answers.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're



egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many

people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.

Russian film fest invite rejection signals actor Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However,



Wentworth Miller ALL PHOTOS GETTY IMAGES

as a gay man, I must decline. I am deeply troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and

I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

Contact us for more information!

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SHOPPERS DRUG MART

The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a

wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-

it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate

cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.



Topshop

Moto Smokey Green Leigh Jeans, \$76, topshop.com.



Lizzy Disney

Lock Bag - Black, \$430, darkroom-london.com.



& Other Stories

Leather Belt, \$44, stories.com



Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO

Zara

button neck blouse, \$50, zara.com.



Loeffler Randal

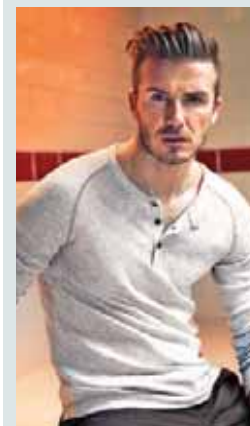
Pippa Collar flats, \$275, shopbop.com.

Spitfire

Mainstream Wayfarer Sunglasses, \$41, asos.com.



Dress it like Beckham



David Beckham for H&M HANDOUT

H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

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When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit. Canadians can now also shop online at zarahome.com. I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.



Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

Gold Monogrammed Flatware \$10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.



Velvet Cushion with Feather Trim \$60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.

Ceramic Lamp \$200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.



Square Glass Tables \$270

Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.

Fur Blanket \$200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.



Appetizer. Zucchini Bites



"This is a great way to use up leftover plain quinoa or even quinoa that has been prepared with flavourful herbs or minced vegetables," writes Mary Rolph Lamontagne in her book *Eats*.

"Add some egg, a little flour and some cheese and you cannot go wrong."

Lamontagne sometimes substitutes chopped cooked spinach for the grated zucchini, uses rice flour for gluten-free bites and changes the cheese to cheddar for a different flavour.

1. Preheat the oven to 180 C (350 F). Grease a mini-muffin pan.

2. Combine all the ingredients in a large bowl.

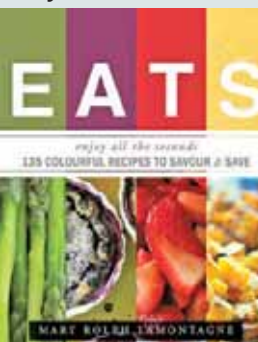
3. Fill the muffin cups to the top with the quinoa mixture. Bake for 15-20 minutes, or until a tester comes out clean. Serve with a dollop of crème fraîche mixed with a spoonful of sweet chili sauce, a South African favourite.

Ingredients

- 2 cups cooked quinoa
- 3 eggs
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1 tsp dried thyme
- a pinch of paprika
- 1/2 cup grated Emmenthal cheese
- 1 tbsp flour
- Salt and pepper to taste

Cookbook of the Week

A splash of colour for your table



Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze.

Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then reinvented in three or four others.

Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more. **METRO**

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BACK TO SCHOOL

Thursday, August 22, 2013

Prepare for homework

MICHELLE WILLIAMS
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

1 Reduce stress by setting a non-negotiable homework time around their after-school schedules.

2 Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

3 Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

4 Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and

look for different ways of explaining the situation.

5 Encourage your child to take short breaks when they get stuck on something.

6 If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five

or 10 minutes.

7 It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

8 Resist taking over the assignment. You want it to

be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

9 If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help

your child through the challenging tasks.

10 Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.



One way to improve grades is to set up space to do homework and make sure you have all the materials you need on hand. DMITRY KALINOVSKY/COLOURBOX

Attention University Students Score an A+ in 'RECYCLING 101'

- ☒ Recycle Right by following the sorting guidelines provided by HRM. Visit our web site at halifax.ca/recycle for details.
- ☒ Make sure you know your collection day and week.
- ☒ Place materials curb side AFTER 9:00 pm the night before or by 7:00 am in the morning.
- ☒ Materials must be secure (garbage can if your bag is breaking).
- ☒ Stay within the limit - 6 bags/cans of garbage per residential house and 1 bulky item; 5 bags/cans of garbage per unit in small apartment buildings and 2 bulky items per building.
- ☒ If your apartment building does not have a recycling program in place, talk to your superintendent - it's required by law!
- ☒ If you have furniture that's in usable condition but you no longer want, look at options to charity. Go to halifax.ca/recycle, or contact www.halifaxdumpandrun.webs.com.

Garbage, Recycling and Green Cart Collection AREA 1 - Halifax

September 2 - September 6	Garbage & Recyclables
Alternate collection date for Monday, September 2 is Saturday, August 31.	
September 9 - 13	Green Cart & Recyclables
September 16 - 20	Garbage & Recyclables
September 23 - 27	Green Cart & Recyclables

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What Goes Where?

Parents. Stay in the loop

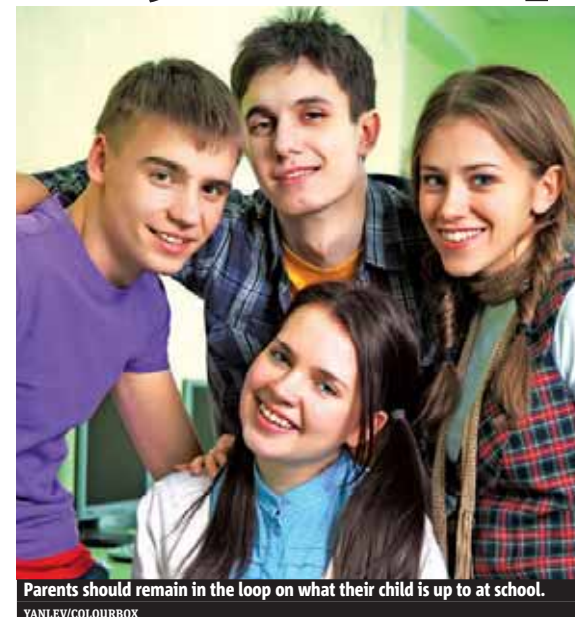
It won't be long before parents start to think — and worry — about the arrival of the first report card. While this event can be stressful for parents and students alike, Dr. Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone calls, but in the age of email, there's no reason for parents to be out of the loop on what their child is up to at school," he said. "Waiting for the first report card can be risky. Why wait to discover if your child is struggling? Instead, regular email communication with the teacher can lessen stress and make parents aware of problem areas before issues get out of control."

It's not uncommon for parents to be confused by their child's report card. Changing schedules, complicated terminology, and formal language add to the stress.

There is plenty that parents can do daily to stay on top of their child's academic progress. Here are a few helpful tips:

- Communicate with the teacher every week. It takes



Parents should remain in the loop on what their child is up to at school. YANLEV/COLOURBOX

five minutes to ask how your child is doing.

- Review past report cards. Issues from last year are likely to reappear, so review previous reports, and watch out for reoccurring trouble.

- Follow up when a test is returned to your child. How did it go? Were the results what you were expecting?

- Go online. The Internet is a wonderful tool to keep informed. If your child's class has a web page, log on and get involved.
- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home.

NEWS CANADA

Get the upper hand

High-tech best bets

MIKE
YAWNEY
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

Vtech InnoTab 3S — \$109.99

A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid safe



browser. Recommended for children ages three to nine. (vtechcanada.com).

Apple iPod Touch — \$229 and up

Access tens of thousands of apps, ideal for the classroom. Your iPod can become any-



thing from a scientific calculator to a language translator. Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini is another great choice. (apple.ca).

Sky Wi-Fi Smartpen — \$199.99

Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Simply tap a word on the page and the pen will replay what was said at that exact moment in time. Written notes can also be transferred to computer or tablet. (livescribe.com).



Moleskin Evernote Smart Notebook — \$29.99

Everything written in this notebook can easily be trans-

formed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).

Samsung Chromebook — \$269.99

An easy to use, lightweight, budget-friendly laptop that boots in as little as eight seconds. Chromebooks use Google's Chrome operating system and are designed for web connectivity. All of your homework, emails and as-



signments are stored online using Google's cloud services. This means you have access to your work anywhere, as long as you have Internet connection. Chromebooks require Internet connectivity to be useful, so make sure your child's school has widely accessible WiFi before considering a Chromebook. (futureshop.ca).

Sony Xperia Z — \$149.95 with two-year contract

Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of



thousands of apps. (Bell.ca).

Kindle Fire HD — \$214 and up

Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you can also download some of the most popular Android apps. The best feature is the parental controls that allows you to limit the amount of time your kids play games or use apps on the device. (amazon.ca).



Powerbag — \$128

Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, \$109.99, Kindle Fire HD, \$214 and up, Samsung Chromebook, \$269.99, Sky Wi-Fi Smartpen, \$199.99, Apple iPod Touch, \$229 and up, Powerbag, \$128, and Sony Xperia Z, \$149.95 with two-year contract.

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Ciampini ready to lead Mooseheads

QMJHL. After an eye-opening summer, the Herd's fourth-year forward is preparing for a career season



ANDREW RANKIN

andrew.rankin@metronews.ca

Luca Ciampini and former Halifax Mooseheads star Marty Frk still relish the memory of outplaying a trio of NHL players earlier this summer.

"It was special, unbelievable," said a smiling Ciampini after the Herd's pre-season practice on Wednesday at Cole Harbour Place.

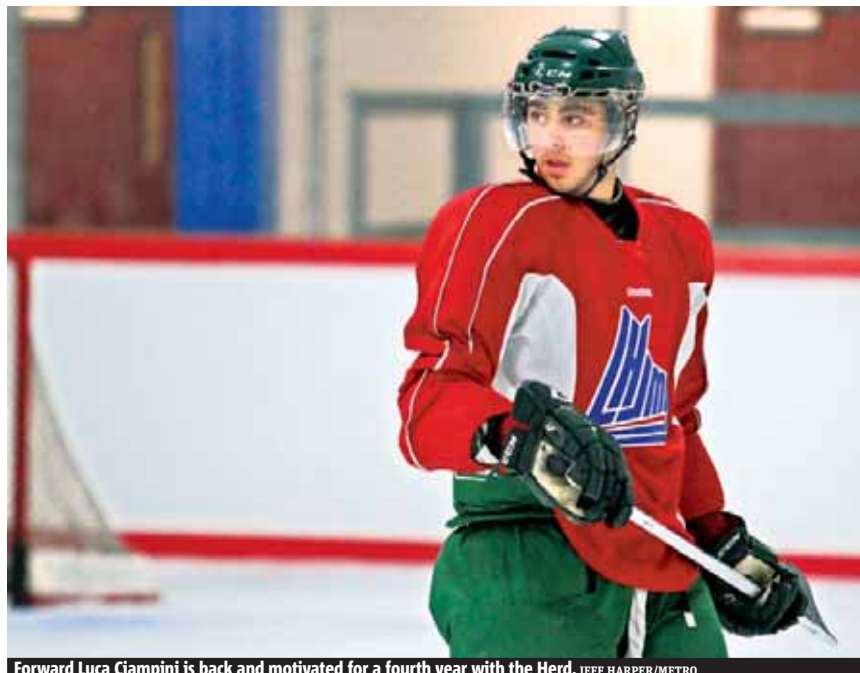
The pair, who were roommates throughout the summer in Montreal, also trained together, which included a stint with the Octagon Sports agency where Frk and Ciampini shared the ice with several NHLers. There they routinely matched up against Martin Havlat, Milan Michalek and goalie Marc-Andre Fleury for some two-on-two action. After many a try, they finally got the best of them.

"We bugged them a lot about that," Ciampini said with a laugh.

He worked hard there and observed the habits of the pros, getting some encouragement along the way.

Tomas Kundratek of the Washington Capitals liked what he saw.

"He just said that I was a great player and there are many guys who make it to the



Forward Luca Ciampini is back and motivated for a fourth year with the Herd. JEFF HARPER/METRO

Quoted

"For sure I want to take on that role of being a top player. I work every day with that focus." Luca Ciampini

NHL without being drafted. But I've heard it all, and I'll do whatever it takes to get to the next level."

Ciampini is determined to be a leader for the Mooseheads this year, especially with the loss of their top line of Nathan MacKinnon, Jonathan Drouin and Frk.

"For sure. I've learned from

a lot of players in the past, especially last year playing with three of the best players in the world."

The Mooseheads' 2010 No. 1 draft pick endured an injury-riddled rookie year that limited him to just 37 games. After a challenging 35-point sophomore season, Ciampini bounced back last season with

a 71-point regular-season campaign and chipped in with a 10-point effort in the Herd's President Cup-winning drive. He also picked up a pair of goals in the Herd's four-game Memorial Cup victory run.

He's excited for a fresh start on a team that appears poised to have its fair share of talent, toughness and speed.

"It's exciting. We have a new crop of talent: The new Euros Nikolaj Ehlers and Timo Meier are really good players, (and) the Moynihan brothers. I really think we'll be a top team to play against, for sure."

Jays fall in N.Y.C.

Ichiro collects 4,000th hit, but big blow comes from Soriano

Alfonso Soriano hit a tiebreaking two-run homer with two outs in the eighth inning. Ichiro Suzuki got his 4,000th hit between the major leagues and Japan, and the Yankees handed the Toronto Blue Jays their 12th straight loss in New York, 4-2 on Wednesday night.

David Huff (1-0) pitched one-hit ball in five innings of relief to shut down the Blue Jays before New York finally got to Toronto's R.A. Dickey.

The 39-year-old Suzuki hit a liner off Dickey (9-12) that bounced just beyond diving third baseman Brett Lawrie for the milestone hit in the first inning. Suzuki broke a tie with Lou Gehrig when he got his 2,722nd major-league hit in his 13th season. The speedy outfielder amassed 1,278 hits in nine seasons with Orix of Japan's Pacific League.

THE ASSOCIATED PRESS



Ichiro Suzuki acknowledges the crowd after tallying his 4,000th career hit. THE ASSOCIATED PRESS

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Weeknights at 6 Jax counts down the HOTTEST songs of the day

- 6 Avicii Wake Me Up
- 5 Katy Perry Roar
- 4 Imagine Dragons Radioactive
- 3 Macklemore Same Love
- 2 Miley Cyrus We Can't Stop
- 1 Florida-Georgia Line ft Nelly Cruise

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Horoscopes

Aries

March 21 - April 20

You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

Taurus

April 21 - May 21

A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

Gemini

May 22 - June 21

It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

Cancer

June 22 - July 23

Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

Leo

July 24 - Aug. 23

The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

Virgo

Aug. 24 - Sept. 23

The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

Libra

Sept. 24 - Oct. 23

You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

Scorpio

Oct. 24 - Nov. 22

If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

Sagittarius

Nov. 23 - Dec. 21

As the Sun crosses the career angle of your chart today, you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

Capricorn

Dec. 22 - Jan. 20

As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

Aquarius

Jan. 21 - Feb. 19

There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

Pisces

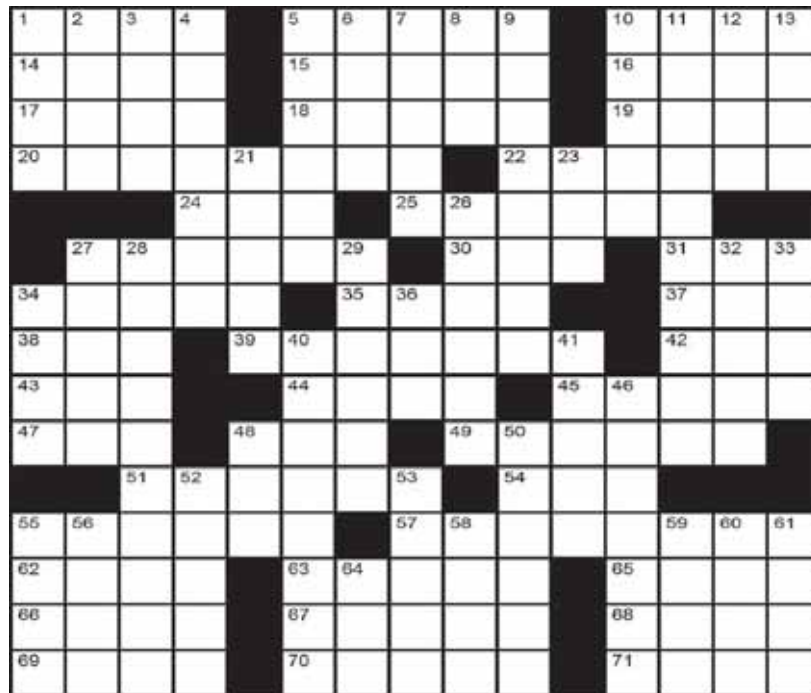
Feb. 20 - March 20

Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. __ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. __prosequi (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's __ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Do-__"
34. __ and fauna
35. "Not on __!" = "No way!"
37. Rambo portrayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started __" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born



star Mr. Levy

51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's " __ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice character-

istic

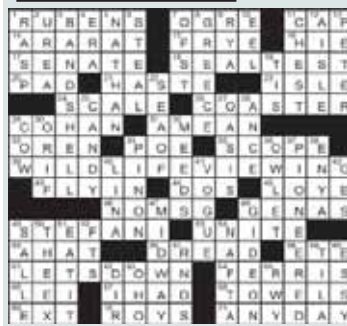
67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, __ out
70. Bird-created structures
71. Chooses

Down

1. Self-__ book
2. Finito
3. "The Whole __ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot __ (Wine variety)
7. Dental string
8. Misguided =
9. "Heaven Coming Down" band from Windsor, The __
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by mar-

- riage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, __ River
29. Military greeting
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rock-er from Winnipeg, Chris __
48. "Never Ever" by __ Saints (Group #40-Down were in)
50. Overtures
52. Hall & __
53. Does garden work
55. Carry
56. "Star Trek" episode, __ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. " __ you kidding?"

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

28°/16°

Mainly sunny

Friday

21°/13°

Thunderstorms

90%

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